

FOOD HYGIENE AS ILLNESS PREVENTION



YOU SHOULD REMEMBER WHO'S principle: cook, peel it or forget about it!

Wash your hands frequently to avoid autoinfection risk.

LIQUID → Treat water yourself (see table above). It is the best option to avoid environmental damage and produce waste difficult to deal with in the visited country → Brand soft drinks or hot drinks are safe → Do not add ice in your drinks unless you know it is from drinkable water → Drink off the bottle or use your own glass if possible. Bottled water is the alternative option if you cannot treat it by yourself → Not bottled milk should be boiled for 15 minutes or you should drink other dairy products.

SOLID → Do not eat raw meat, eggs, fish or seafood → Fruit must be peeled. Avoid salads that have not been washed with treated water, the same apply to the vegetables → Food should be consumed immediately after their preparation.

HOW TO TREAT UNDRINKABLE WATER

Physical Treatment

Filters: available in backpackers shops.

Temperature: Boil water for 10 minutes.

Chemical treatment

Iodised alcohol or tincture of iodine at 2%: Add 4 drops / litre and leave it to rest for 20-30 minutes. Leave longer if water is very cold. Less effective if the water is cloudy. Leave it until turbidity improves and add up to 10 drops/litre.

Sodium Hypochlorite 4-5% (plain bleach...): less effective than lode against some germens. Add 4 drops/litre and leave it to rest for 20-30 minutes. It work worse in cloudy waters.

FIRST AID KIT



BEFORE DEPARTURE → Take your regular medication. We give you drugs that can be obtained over the counter → People with drug allergies or with a disease, should consult their doctor or the travellers' health clinic → It is strongly recommended to check that your health insurance covers the costs of hospitalization, urgent medical care and repatriation → Especially if you travel alone, you may register as citizen travelling abroad. This is to ensure the Ministry of Foreign Affairs can contact you in case of emergency in the country you visit.
<http://www.visatur.maec.es/viajeros/>

PAIN AND / OR FEVER → Paracetamol or ibuprofen. Remember that in countries where Dengue is present you must not take ibuprofen or aspirin in case of fever, use paracetamol only.

DIARRHOEA → Oral rehydration serums. Sueroral hiposodico® for kids → inhibitors of intestinal motility such as loperamide (Imodium® and Fortasec®) are not recommended, especially if you have fever or bloody stools.

SUN PROTECTION → Minimum: factor 30 → Infants: factor 35.

MOSQUITO REPELLENTS → From natural extracts: Halley®, Mosiguard® → Synthetic: Relec®, Goibi® → You need to put them back if you swim or sweat profusely. In other conditions may be effective for 6-8 hours.

WATER POTABILIZERS → Alcohol iodine → Tincture of iodine 2%.

ANTIPRURIGINOUS → Calamine lotion (Labocane®, Mitigal® calmante) → Ammonia stick (After bite®).

FIRST AID KIT → It will have to be checked in, never put it in your hand luggage → Antiseptics topical iodine → Bandages, gauzes and sticking plaster → Scissors and tweezers → Digital Thermometer → Syringes and needles.

CONDOMS/ PRESERVATIVES

UNITAT DE SALUT INTERNACIONAL *Catalunya Central* (International Travel Advice)

General Recommendations





If you have to travel to an exotic or tropical place come to our UNIT (International Travel Advice)

YOU SHOULD COME

*At last 6 weeks before departure.
It is recommended to visit your family doctor.*

WHERE TO GO

Ask for an appointment at

ANOIA:

93 803 36 46 of CAP Igualada Urbà, Passeig de Mossèn Jacint Verdaguer, 170, Igualada.

BAGES-BERGUEDÀ:

93 874 81 78 of CAP Bages, Calle Soler i March, 6, Manresa.

OSONA:

93 889 02 22 of CAP Osona, Plaza Divina Pastora 6, Vic.

WHAT IS NECESSARY TO BRING ALONG

- ➔ Your health card and the vaccination book.
- ➔ Your itinerary for the trip.
- ➔ In case of taking medicine, bring the list along.
- ➔ In case of suffering a chronic illness, you have to provide a report from your doctor.
- ➔ This service is subjected to present ordinary fees.

WHAT DO WE OFFER

- ➔ Appropriate information for your health conditions and the administration of the recommended vaccinations, (yellow fever vaccination is not administrated in our centre, but you will be addressed to the nearest one).
- ➔ Information about paludism/ malaria, and prescription of the preventive medication if necessary, according to the place you are travelling.
- ➔ Information about risk prevention relating to your trip: food, sun, baths, insects, altitude, climate...

DRIVING/ CIRCULATIONS ➔ Drive carefully ➔ Use the seat belts ➔ In case of careless driving, do not hesitate to alert your driver ➔ Traffic accidents are a main cause of death among travellers.

FOOTWEAR ➔ Avoid walking barefoot ➔ Closed footwear is recommended ➔ Check inside your shoes before putting them up (insects may be inside) ➔ Some parasites penetrate imperceptibly through the skin once in contact with the ground.

SLEEPING ➔ Use a mosquito net. It can be impregnated with mosquito repellent (permethrin). Pretreated, long-lasting bed nets can be purchased ➔ It is recommendable to close doors and windows and use fans or air conditioning if available ➔ Use insecticides and spatial repellents.

THE ENVIRONMENT ➔ It is necessary to know the environment of the place we want to visit before packing: **Physical conditions** (temperature, temperature variation, humidity, meteors, altitude ...), **Biological conditions** (animals, plants ...) and **Sociocultural conditions**.

CLOTHING ➔ In warm places wear comfortable, light coloured and fresh clothes, made with natural fibres (linen, cotton) or guaranteed perspiring fibres. Synthetic fibres and dark colours attract heat ➔ Do not forget that some areas have very important night/day temperature variation ➔ Use long sleeved clothing and long trousers especially during the first and late hours of the day and all day in dengue or chikungunya areas ➔ Clothes should be beaten before putting them on. Iron them at high temperature if possible.

SUN PROTECTION ➔ Avoid sun exposure at intense irradiation hours ➔ Cover yourself with clothing and sun creams (not less than factor 30) ➔ Insect repellents decrease the effectiveness of the sun creams in 10 points. You should put the sunscreen first and then use a superior protection factor sun cream (10 points more than required) to achieve the same effect ➔ Wear sunglasses (with guaranteed UV filters) ➔ Wear a hat.

DRINKS ➔ Drinking is especially important in areas of heat, humidity and altitude ➔ Drink abundantly (> 2 litres / day), drink liquids rich in mineral salts (fruit juices, tea) ➔ Only consume drinkable water.

BATHS/ SWIM ➔ Many tropical rivers and lakes are host of microscopic parasites (bilharzia or schistosomiasis) that can penetrate the skin imperceptibly ➔ Before travelling, always check if the rivers and lakes of your destination are contaminated with parasites. Information is not always reliable. Avoiding baths in that water is the safest option ➔ Around river and lake environment there are also multiple insects that can transmit several diseases if you are bitten.

ALTITUDE ➔ Ask for specific advice in case of being exposed to high altitudes (over 4,000 meters or lower altitudes if the exposure is sudden and you need to spent a night there) ➔ **The acclimatization** process should be done ➔ The altitude illness might be more than a simple headache. **It can be very serious.**

HYGIENE ➔ Despite the limited travelling conditions of some places, you should attach to your regular habits ➔ Feet need special care. Always wash yourself with **treated water** ➔ Do not use either perfumes neither eau de toilette as insects can be attracted to these products ➔ **Brush your teeth with bottled water.**

ANIMALS ➔ It is recommendable neither touch nor play with pets (monkeys, dogs, cats ...). Their bite can transmit several infections including rabies ➔ In case of being attacked, clean the wound with soap and water, disinfect it and go to a health centre to decide a possible vaccination ➔ Remember that you could be travelling in a place with lots of types of animals (marine, land and flying), easily visible or not, the existence and dangers of whom you might not know.

SEXUAL CONTACT ➔ Remember that condoms/ preservatives are the only prevention method against sexually transmitted diseases (AIDS, Hepatitis B and others).

RESPECT ➔ Remember that you might be in contact with very different people, cultures and unfamiliar situations ➔ **Respect towards them, without prejudices and minimum interference, should be a must for all travellers.**